

# APRIL-JUNE

## GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM	<b>YOGA WITH CRISS</b> 30 MIN	<b>MORNING COFFEE MEDITATION</b> VIRTUAL 30 MIN	<b>BODY BLAST WITH NIEVE</b> 30 MIN	<b>MORNING STRETCH &amp; RELEASE</b> VIRTUAL 30 MIN	
12:15PM	<b>PILATES WITH JULIA</b> 45 MIN	<b>CYCLE &amp; CORE WITH CRISS</b> 45 MIN	<b>BARRE WITH LESLEY</b> 45 MIN	<b>LIFT WITH NIEVE</b> 45 MIN	<b>YOGA WITH CRISS</b> 45 MIN
1:15PM	<b>CYCLE WITH CRISS</b> 30 MIN	<b>LIFT WITH CRISS</b> 30 MIN	<b>CIRCUIT WITH NIEVE</b> 30 MIN	<b>MOBILITY &amp; CORE WITH NIEVE</b> 30 MIN	
4:15PM	<b>OUTDOOR BOOTCAMP WITH NIEVE</b> 45 MIN		<b>OUTDOOR YOGA WITH CRISS</b> 45 MIN	<b>STRENGTH TRAINING</b> VIRTUAL 30 MIN	

**MISSED A CLASS?**  
DON'T WORRY, WE HAVE YOU COVERED WITH A PELOTON LOCATED IN OUR VIRTUAL SPIN STUDIO!  
NO SIGN UP NECESSARY!

\*Classes and instructors are subject to change with notice.